

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>(1) (72)</b> <b>GARLICKY CHICKEN</b> Parsley Boiled Potatoes Colorful Peas & Carrots Whole Wheat Bread Mandarin Oranges	<b>(2) (103)</b> <b>TEXAS BBQ PORK SANDWICH ON A WHOLE WHEAT BUN</b> Oven-Browned Potatoes Corn Peanut Butter Cookie	<b>(3) (103)</b> <b>SAUCY VEAL PARMESAN OVER SPAGHETTI</b> Diced Carrots Whole Wheat Bread Sunshine Peaches	<b>(4) (128)</b> <b>CLASSIC HAMBURGER ON A WHOLE WHEAT BUN</b> Baked Beans with Ham Summer Pasta Salad Apple Crisp	<b>(5) (122)</b> <b>POTATO CRUNCH FISH</b> Twice-Baked Potatoes Mixed Vegetables Multi-Grain Dinner Roll Apple w/Caramel Dip
<b>(8) (75)</b> <b>GOLD COAST PORK CHOPS</b> Mashed Potatoes Italian Beans Whole Wheat Bread Fresh Pear	<b>(9) (62)</b> <b>SPANISH RICE WITH MEAT</b> Cauliflower Tropical Fruit Salad	<b>(10) (125)</b> <b>GOLDEN BREADED TILAPIA</b> Oven-Baked Potato California Blend Vegetables Corn Muffin Snickerdoodle	<b>(11) (110)</b> <b>GOURMET CHICKEN TETRAZZINI</b> Garden Vegetable Blend Multigrain Dinner Roll Strawberry Poke Cake	<b>(12) (110)</b> <b>SWEET &amp; SOUR CHICKEN OVER BROWN RICE</b> Broccoli Florets Whole Wheat Bread Pineapple Orange Delight
<b>(15)</b>  <b>PRESIDENTS' DAY</b>  <b>ALL OFFICES &amp; MEAL SITES WILL BE CLOSED</b>	<b>(16) (73)</b> <b>SLOW-COOKED BEEF POT ROAST</b> Mashed Potatoes w/Beef Gravy Stewed Tomatoes Whole Wheat Bread Mixed Fruit Cup	<b>(17) (87)</b> <b>HOMESTYLE LASAGNA</b> Italian Blend Vegetables Tossed Salad Garlic Bread Chunky Applesauce	<b>(18) (114)</b> <b>BAKED TURKEY</b> Mashed Potatoes w/Turkey Gravy Squash Multi-Grain Dinner Roll Ginger Pear Cake	<b>(19) (92)</b> <b>SCRAMBLED EGGS</b> Oven-Browned Potatoes Sausage Links Blueberry Muffin Harvest Pears
<b>(22) (89)</b> <b>CHICKEN &amp; PASTA ALFREDO</b> Broccoli Florets Hawaiian Roll Lemon Pudding	<b>(23) (73)</b> <b>SEASONED SWISS STEAK</b> Mashed Potatoes Riviera Blend Vegetables Whole Wheat Bread Pineapple Chunks	<b>(24) (70)</b> <b>BAKED PORK CHOPS</b> Oven-Baked Potato European Blend Vegetables Whole Wheat Bread Bite-Sized Peaches	<b>(25) (107)</b> <b>CHINESE BEEF OVER BROWN RICE</b> Southern Succotash Whole Wheat Bread Orange Cherry Fluff	<b>(26) (96)</b> <b>SWISS CHICKEN</b> Mashed Potatoes Pickled Beets Whole Wheat Bread Stewed Apples

All Meals at the Dining Centers served with Fat-Free Milk  
(Number in parentheses indicates daily grams of carbohydrate.)

# SALAD/SANDWICH MENU

FEBRUARY 2016

<b>SALAD CHOICE FOR THE WEEK</b>	<b>SANDWICH CHOICE FOR THE WEEK</b>
<b>(WEEK OF 2-1 THRU 2-5-16)</b> <u><b>CHICKEN CAESAR SALAD</b></u> Baked Chicken Cheese Croutons Marzetti Caesar Dressing Whole Grain Dinner Roll	<u><b>HAM SALAD SANDWICH</b></u> Ground Ham Mayonnaise Relish Whole Wheat Bread
<b>(WEEK OF 2-8 THRU 2-12-16)</b> <u><b>TACO SALAD</b></u> Seasoned Beef Corn Black Beans Crushed Taco Chips Salsa/Ranch Dressing	<u><b>CREAMY EGG SALAD SANDWICH</b></u> Whole Wheat Bread Carrots Cucumber Slices
<b>(WEEK OF 2-15 THRU 2-19-16)</b> <u><b>CRISPY CHICKEN SALAD</b></u> Crispy Chicken Marzetti Buttermilk Dressing Multi-Grain Dinner Roll	<u><b>AMERICAN CLUB WRAP</b></u> Whole Wheat Wrap Ham Turkey Bacon Tomatoes Cheese Ranch Dressing
<b>(WEEK OF 2-22 THRU 2-26-16)</b> <u><b>SPINACH SALAD</b></u> Baked Chicken Egg Mandarin Oranges Toasted Almonds Crushed Croutons Bacon Ranch Dressing Multi-Grain Dinner Roll	<u><b>TACO SALAD WRAP</b></u> Ground Beef Black Beans Tomato Lettuce Cheese Fritos Salsa Whole Wheat Wrap

All Salads and Sandwiches served with  
 Dessert and/or Fruit of the Day  
 and Fat-Free Milk